



Below is a list of foods available on October 19, 2020. All items are subject to change throughout the day. We will do our best to accommodate your request but cannot guarantee that the items you want will be available at the time that your order is filled.

Quantities distributed will depend on family size and amount available.

If you need something that you don't see on this list, just ask. We can't promise anything but we will try.

Fresh Fruits &

Vegetables (Limited Supply)

Apples
Pears
Carrots
Broccoli
Potatoes
Onions

Canned Fruit & Vegetables

Apricots
Pineapple
Mandarin Oranges
Raisins
Peas
Sliced Carrots
Sliced Potatoes
Instant Potatoes

Shelf-Stable Proteins

Baked Beans
Kidney Beans
Black Beans
Dried Pinto Beans
Peanut Butter
Shelled Walnuts
Tuna
Salmon

Personal Care

(1 item/household)
Toilet Paper
Feminine Hygiene
Shampoo & Conditioner
Toothpaste & Toothbrushes
Bar Soap
Dish Soap
Deodorant

Pantry Shelf

(1 Flour, 1 Sugar, + 2 items)

Sweet or Salty Snacks
Baking Needs
Condiments
Coffee
Cooking Oil (limit: 1)

Meat

Ground Beef
Beef
Pork
Chicken
Turkey
Bologna
Hotdogs
Fish
Meatless Options

Soup

Chicken Noodle
Cream of Mushroom
Tomato
Beef Vegetable
Chili (contains pork)

Pasta & Rice

Spaghetti & Pasta Sauce
Elbows & Pasta Sauce
White Rice
Beefaroni
Macaroni & Cheese (2 = 1)

Breakfast

Granola Bites
Breakfast Bars
Rolled Oats
Pancake Mix
Honey Nut Cheerios
Cinni-Mini Crunch

The following Items qualify for ECHO Extras and Monthly orders:

Bonus Fresh "As Needed"

Cherry Tomatoes
Sweet Potatoes
Butternut Squash

Bonus Dry "As Needed"

Brown Lentils
Yellow or Green Split Peas
All-Beef, No-Bean Chili
Vegetarian Vegetable Soup
Canned Peaches
Prunes
Dried Fruit & Nut Mix
Instant Iced Tea
Nonfat Dry Milk
Orange Juice (limited)

Bonus Frozen

(1 item/household)
Liquid Egg
Jimmy Dean Sausage
Sliced Ham
Whole Chickens
Entrees

Dairy Coolers

(Extra Milk, Extra Eggs, 1 Butter, 1 Cheese, + 1 item)
Shredded Mozzarella (limit: 1)
American Cheese (limit: 1)
Gorgonzola
White Cheddar
Miscellaneous Cheeses
Additional Milk
Non-Dairy Milk Substitutes



Below is a list of foods available on October 19, 2020. All items are subject to change throughout the day. We will do our best to accommodate your request but cannot guarantee that the items you want will be available at the time that your order is filled.

Quantities distributed will depend on family size and amount available.

If you need something that you don't see on this list, just ask. We can't promise anything but we will try.

Salad Coolers

(1 Lettuce/Vegetable, + 1 Fruit)

We have a variety of items, let us know what you want or don't want and we will *do our best* to accommodate you.

Bread

White or Wheat Loaves

Buns & Specialty Breads

Bakery Sweets

(3-5 items/household)

Cinnamon Rolls, Muffins, Donuts,

Cookies, Bars, Scones, Cupcakes,

Cake, Angel Food, and more!